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**Friday's
Jackpot**

ON HER OWN TWO FEET

FOLK-COUNTRY ARTIST
ASHKER — A.K.A. ST.
THOMAS FRENCH
TEACHER LORI GIRARD
— RELEASES HER DEBUT
ALBUM ON MONDAY

PAGE 9



Oink-u-py London

The city's vegan activists
will be out in full force to
educate the public about
meat-eating at this
weekend's Ribfest

PAGE 3

Hidden agenda?

Is there any such thing as the
'hidden job market'? Metro
looks into a career counsellor
who promises to find you a
dream job — for a price

PAGE 6

Jays are still believers

R.A. Dickey and teammates
still think the Toronto Blue
Jays can make something of
this season, after trouncing
Athletics 5-2

PAGE 17



PEGGY SATTLER, NEW DEMOCRATIC PARTY

**"Choose
leadership that
delivers for
London."**

ALI CHAHBAR, PROGRESSIVE CONSERVATIVES

**"It's time to
send a
message."**

GARY BROWN, GREEN PARTY

**"Want change?
Choose real
London
leadership."**

KEN CORAN, LIBERAL PARTY

**"Strong,
independent
voice for
London West."**



Famous last words

Metro asked candidates in the London West byelection to give their final campaign pitches in six words. These are the phrases they want you to keep in mind when casting a ballot Thursday.

MORE COVERAGE, PAGE 2

Chahbar, Sattler in a virtual tie: Poll

Provincial byelection. Hudak says other parties are resorting to desperate measures



SCOTT TAYLOR
scott.taylor@metronews.ca

A poll taken two days before the London West byelection showed Progressive Conservative candidate Ali Chahbar neck-and-neck with Peggy Sattler of the NDP — but the momentum may be swinging Sattler's way.

Campaign Research polled more than 400 respondents on July 15 and July 30.

While Chahbar led both, the most recent one showed the race was tightening up.

On July 15, Chahbar had the support of 36 per cent of respondents to Sattler's 29 per cent. Liberal Ken Coran was a distant third with 20 per cent.

But two weeks later, support for Chahbar dipped to 33 per cent, while Sattler's support rose to 30 per cent — a virtual tie, Campaign Research said.

Coran lost a point to slip to 19 per cent. Freedom Party candidate Al Gretzky garnered nine per cent.

Sattler has run a steady, if unremarkable, campaign and managed to steer clear of controversy.

Chahbar, on the other hand, has been criticized over claims that he's against a woman's right to an abortion under any circumstances.

Chahbar faced a media



Ontario Progressive Conservative Leader Tim Hudak, left, campaigns with candidate Ali Chahbar on Wednesday, a little less than 24 hours before polls open in the London West byelection. SCOTT TAYLOR/METRO

scrum Wednesday, and answered every question but one: "Where do you stand on the issue of abortion?"

It was asked, in slightly different ways, twice.

The first time, he deflected it by reciting why voters should choose the Tories.

"Listen, we've been out here talking about issues like jobs, the economy, health care, education, energy," he said. "Those are the issues I got into this race to talk about and those are the issues I'm hearing at the door."

Hudak accused the other parties of mudslinging.

"I've seen this before, when

At a glance

- Polls are open from 9 a.m. to 9 p.m. Thursday.
- The London West seat was vacated by the resignation of MPP Chris Bentley.
- The riding, created in 1999, is considered a key Liberal battleground. The party has held the seat since 2003.
- Votes are also being held in Windsor, Ottawa and two Toronto ridings to replace Liberals who quit this year, including former premier Dalton McGuinty.

other parties fall behind and it's the last couple of days of the campaign and they get desperate," he said. "We're going to keep focused here and talk

about our jobs plan, we'll talk about our plan to get government spending under control. We won't be distracted by these side issues."

New school built the old way



Kara Rijnen Weekes is heading to a rural town in Guatemala to help build schools. CONTRIBUTED

It's hard work, but building schools out of bottles in Guatemala is an adventure that a Dorchester woman will never forget.

Kara Rijnen Weekes enjoyed it so much, she will be returning in November hoping to have as many as 18 people with her.

It all began when she and her husband joined a travel club because they wanted to see more of the world and joining would allow them to do so at a discount.

The company has a not-for-profit branch called World Ventures Foundation, which

runs many "voluntour" programs — the bottle schools being one of them.

"When we were shown the idea, I immediately gravitated to the bottle schools and said I wanted that to be my first trip," Rijnen Weekes said. "So last November, I went down to Guatemala with 18 other people to help with one of their bottle-school projects. It was an absolutely amazing week, and ... I wanted to go back."

Someone told her she was only the second Canadian to venture there and help.

"So I thought it would be

really cool if I could organize an all-Canadian group to go down and help out with their current project, which is what I am in the process of organizing right now," she said.

According to Hugitforward.org, children in the village where Rijnen Weekes will be working collect inorganic trash like plastic bags and chip packets. Then, they stuff them into plastic bottles until they're almost as solid as bricks.

The "eco-bricks" are then sandwiched in between chicken wire and covered with cement to form the walls of the school. SCOTT TAYLOR/METRO

Well-read city

'Londoners and books: An epic love story' — by Amazon

Book 'em, Danno.

London is the most well-read city in Ontario, says Amazon.ca.

The Internet giant compiled its sales data for print and Kindle formats since June of last year, and on a per-capita basis in cities with more than 100,000 residents, London came first in the province and a rather stellar sixth in the nation.

"Our data shows Canadians are avid readers and we hope book lovers across Canada will enjoy this fun look at where some of the most passionate readers reside," said Amazon.ca general manager David Jackson.

Vancouver led, earning the title distinction of being the most well-read city in the nation. Calgary was second, Saskatoon was third, Edmonton was fourth and Regina was fifth.

Toronto came in at seventh, a tick below London.

In taking a closer look at the data, Amazon.ca also found:

- **A hub for entrepreneurs:** Not only the No. 1 well-read city in Canada, Vancouver is also breeding a population of entrepreneurs. This locale topped the list for ordering the most books in the business and investing category. The top title purchased overall by Vancouverites was StrengthsFinder 2.0 by Tom Rath.

- **Loving Canadian authors:** People in Saskatoon showed their Canadian pride by buying the most novels written by Canadian authors. Their favourite Canadian novel was 419: A Novel by Will Ferguson. Ferguson's novel was also recognized by Amazon.ca book editors as one of the best books of the year in 2012.

- **Kindle readers love romance novels:** Locals in Saskatoon downloaded the most Kindle books. The most popular Kindle title there was romance novel Safe Haven by Nicholas Sparks. SCOTT TAYLOR/METRO

The reading games

1

Vancouver comes in as the most well-read city in Canada, according to Amazon's findings. London is in an impressive sixth place.

YouTube video. LEDC has high hopes for high-tech online shout-out

It may not go as viral as a Justin Bieber video, but if it reaches its intended audience, folks at the London Economic Development Corp. will be happy.

A new YouTube video — This Morning from London, Canada — is a high-tech shout-out to IT and digital-media pros around the world.

"It speaks to the three things we wanted to communicate, and it works specifically to support IT and digital media here in the city," said LEDC president and CEO Peter White.

White said many companies approached the LEDC last year, asking for help with sending the right message to lure prospective employees to the city.

The answer, White hopes, is the slick video that shows tech workers in different settings as thought bubbles appear above their heads illustrating the many attractions the city has to offer.

It also compares London's cost of living with those in other cities. A ticket to see Pearl Jam, for example, will cost you \$70 here and \$275 in Chicago.



Peter White
CONTRIBUTED

"One of the challenges we work through like everyone else in North America right now is the gap of talent in digital IT," White said.

There's also a perception, he said, that London's digital media and IT community is smaller than it is. The challenge is bringing talent in from places like Toronto and enticing those who left for greener pastures to return home.

The cost of the video, White said, was well under \$15,000.

METRO

Drug bust

Men arrested on trafficking charges

Two Londoners are facing drug charges after a police investigation into mid-level dealers in the city discovered \$30,000 worth of cocaine in a 2008 Ford Escape.

Police pulled the vehicle over on Commissioners Road near High-bury Avenue at about 8:30

p.m. Tuesday. Inside they discovered 301 grams of cocaine and a gram of marijuana.

Jaren Sealey, 23, has been charged with possession for the purpose of trafficking and two counts of breaching probation.

Jahvashalam St. Louis, 33, is charged with possession, possession for the purpose of trafficking and breach of undertaking.

METRO



Melody Pilon, 19, and Michael Kuijpers, 24, both members of Vegan Activists of London, are prepared to take a stand during this weekend's Ribfest at Victoria Park. ANGELA MULLINS/METRO

Meat the enemy

Another lifestyle.

Vegans out to educate pork lovers during weekend's Ribfest



ANGELA MULLINS
angela.mullins@metronews.ca

They may not be the Meatless Mafia, but a group of local vegans will lay down the law Saturday at Victoria Park.

While hordes of Ribfest faithful coat their fingers in barbecue sauce and fill their bellies to the max, the Vegan Activists of London will be stationed nearby — offering up literature about their life-

style and, of course, samples of animal-free sausage, bacon and cheese.

"We're just trying to get people to make the connection between farmed animals that are used for food and companion animals that they share their homes with," said Jason King, 39, a member of the group.

Called Ribfest Resistance, educational pickets outside pork-themed celebrations have been making their way around southwestern Ontario all summer.

A group called Guelph Pig Save got the movement started. Some of the founders are expected to be in London this weekend.

The demonstration, King

Quoted

"It's a celebration of consuming animals. As human beings, I think our greatest attribute is compassion, yet we celebrate eating animals."

Jason King, Vegan Activists of London, on Ribfest


and others said, will be gentle: "The smiling vegan protest," as one activist put it.

No one's naive enough to think Ribfest will pack up its barbecues and hit the road as a result.

The big hope, King said, is that someone will sample their pork alternatives, leaf through some pamphlets documenting how animals are raised for food and decide to make a change.

King knows first-hand that the approach can work. He — along with his wife and children — adopted a vegetarian, and then later a vegan diet, after similar literature wound up in his hands a few years ago.

"It was absolutely abhorrent to us," King said, recalling the car ride during which his wife scanned the information. "We decided what we needed to do" right there.




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Sandy Hook remains under emotional cloud

Connecticut Gov. Dannel P. Malloy purchases a bell that encourages kindness from a toy store in the business district of Sandy Hook in Newtown, Conn., Wednesday. Seven months after 20 children and six educators were fatally shot in a Newtown elementary school, some local business owners said Wednesday that a financial downturn and an emotional pall over the town persists. JESSICA HILL/THE ASSOCIATED PRESS

Speed, icy roads led to death of officer: Report

Speed and icy conditions caused the crash that claimed the life of a Guelph constable, police said Wednesday after a months-long investigation.

Const. Jennifer Kovach, 26, died in March when her cruiser crashed into a city bus as she responded to a colleague's call for assistance. Police released the findings of their investigation Wednesday, saying they had ruled out driver distraction and mechanical failure.

And though Kovach wasn't wearing her seatbelt as re-

quired, it likely wouldn't have saved her life if she had, given the "extreme and severe" nature of the crash, Guelph police Chief Bryan Larkin said.

"Speed is the primary factor in this collision. The police cruiser exceeded the critical curve speed, causing the initial rotation," Larkin said in a news conference.

Kovach had joined the force four years earlier, fulfilling what relatives have said was her lifelong dream.

THE CANADIAN PRESS



Const. Jennifer Kovach poses in an undated handout photo. GUELPH POLICE SERVICE/THE CANADIAN PRESS

TV survival tips may have saved woman

Lost in woods 12 days. Stepdad says watching *Man vs. Wild* gave daughter the skills to stay alive after alleged sex assault in Alberta



JEREMY NOLAÏS
Metro in Calgary

The parents of an Alberta woman who was allegedly attacked and spent 12 days lost in the woods believe she may owe her life to watching TV survival shows.

According to RCMP, the 25-year-old O'Chiese First Nation resident was assaulted by a man after the truck they were travelling in became stuck on a road on July 14. She managed to escape into the bush, but became disoriented.

Metro is withholding the woman's name because she is the victim of an alleged sexual assault. Even now, she remains under heavy sedation in hospi-

tal, but RCMP and family alike have begun piecing together how she was able to survive.

It's believed she stayed alive by eating berries and keeping close to a running river, even hopping in periodically to ride the current and gain ground faster than she could while walking, according to her stepfather.

"She even knew how to properly dry her clothes," he said Wednesday. "She went through a great ordeal. I do a lot of hunting, so I know some of what it takes, but she went missing for 12 days in the woods cold turkey and with a broken jaw, at that."

RCMP Const. Nick Munro said investigators believe the woman's jaw was injured during the alleged assault and that she also sustained a concussion. Family members also report she is being treated in hospital for cuts that became infected.

The woman was found Friday, 10 kilometres from where she was last seen. But her mother said Wednesday she believes her daughter likely travelled more than 30 kilometres dur-

Suspect arrested

Police arrested Kevin Roy Gladue of Edmonton later in the day Friday in connection with the woman's disappearance.

- Gladue has since been charged with sexual assault, aggravated assault and obstructing a peace officer. He was scheduled to first appear in court on Wednesday.

ing the ordeal.

Family and investigators have only been able to communicate with the woman periodically as she remains heavily sedated, but her stepfather said she's shed some light on where her survival knowledge came from.

"She said she always watched that survival show *Man vs. Wild*," he said, referencing a Discovery Channel show starring survivalist Bear Grylls. "She learned a lot of it from that show. She's only 25 years old — it's pretty amazing."

RCMP first reported the woman missing July 18. The woman's mother said she spent days at home waiting anxiously by the phone.

"It was so heartbreaking... I was just about a wreck," she said.

Quoted

"I do a lot of hunting, so I know some of what it takes, but she went missing for 12 days in the woods cold turkey and with a broken jaw, at that."

Stepfather of a woman who spent 12 days lost in the woods after an alleged attack

Pedestrian killed

Elderly woman charged with stunt driving

An 85-year-old woman faces charges after a pedestrian was struck and killed in Vaughan last month.

Police say that on June 10, a vehicle hit the pedestrian and her dog on a sidewalk. The pedestrian and her dog died at the scene. They say Betty Kestenberg has been charged with stunt driving for going more than 50 kilometres per hour over the speed limit. THE CANADIAN PRESS

Alleged murder plot. Two accused of conspiring to kill their spouses

Saskatchewan farmer Jim Taylor says he knew his marriage was in trouble, but he didn't at first believe Mounties when they told him that his wife was planning to kill him.

He was even more stunned when officers alleged that a man she was having an affair with was in on the scheme — and that the pair were also plotting to kill that man's wife.

Angela Nicholson and Curtis Vey, both 49, are

charged with conspiring to commit murder. They have not yet applied for bail and are to appear in court on Aug. 29.

Police told Taylor that Vey's wife Brigitte tipped them to an alleged murder plot in which Vey's wife was going to die in a house fire and Taylor would die of an overdose on Halloween.

Mounties wouldn't confirm details, other than to say the charges stem from an affair. THE CANADIAN PRESS

Parents struck by grief, barely eating after son shot dead by cops

Sammy Yatim case.

Mother and father of 18-year-old killed by Toronto police in anguish, says friend

The parents of an 18-year-old who died after being shot by Toronto police are devastated and barely able to eat as they prepare for their son's funeral, a close family friend said Wednesday.

"His mother hasn't eaten in days," said Joseph Nazar, adding that friends have been trying to feed her spoonfuls of soup.

Nazar said Sammy Yatim's father has also been too grief-stricken to eat.

"I've told him ... he needs to be able to stand at the funeral," Nazar said.

Ontario's police watchdog



Sahar Bahadi is comforted by her daughter Sarah Yatim as they march on Monday to the spot where their son and brother, Sammy Yatim, was killed by police early Saturday morning in Toronto. MICHELLE SIU/THE CANADIAN PRESS

said Yatim died Saturday morning after receiving multiple gunshot wounds during an

"interaction" with police. A Taser was also used.

The incident, which was

captured on surveillance and cellphone video, has sparked public outrage over police use

of force.

In one video that has circulated online, Yatim can be

Looking deeper

The use of police force in the shooting death of Sammy Yatim has prompted Ontario's ombudsman to question whether it is time for the government to review police de-escalation guidelines.

seen pacing an empty street-car as shouts of "drop the knife" are heard. Then nine shots can be heard — first three shots in succession then six more after a pause of about six seconds.

Yatim's mother and sister were among hundreds of protesters who took to the streets Monday night, brandishing posters reading Protect Us From Our Protectors and Think Before You Shoot and calling for Justice For Sammy. THE CANADIAN PRESS

Euthanasia ban upheld in British appeals court

A British appeals court upheld a law against euthanasia in rejecting appeals from two severely disabled men who argued that doctors should be allowed to legally kill them.

The two men — one of whom died of pneumonia last year — claimed their right to "private and family life" as guaranteed by the European Convention on Human Rights was being violated since they were not allowed to choose how and when they wanted to die.

In a judgment issued on Wednesday, the Court of Appeal acknowledged the current law interferes with that right but ruled the ban on euthanasia is justified. It upheld a decision by the High Court last year that any changes to the euthanasia law must be made by politicians, not judges.

In a unanimous ruling, the judges said the two men had "permanent and catastrophic physical disabilities" but said the issue of euthanasia "raises profoundly sensitive questions about the nature of our society." The judges wrote that "Parliament represents the con-



Paralysed road-accident victim Paul Lamb lies in a bed at his home in Leeds, northern England, Wednesday. THE ASSOCIATED PRESS

science of the nation" and said the court had no jurisdiction to challenge the legal ban on euthanasia.

"I am absolutely gutted," said Paul Lamb, one of the men involved, who was severely paralyzed after a car accident.

"I was hoping for a humane and dignified end," Lamb said in a statement. "This judgment does not give me that."

Lamb said he would carry

on with the legal fight for euthanasia. His lawyer said they were considering options for appealing the case to the Supreme Court, together with the widow of the other man in the case, Tony Nicklinson.

In a related case, the court ruled that an appeal by another disabled man to clarify who will be allowed to help people commit suicide, should be allowed. At the moment, the Crown Prosecution Service does not prosecute close family and friends if they help loved ones travel abroad to commit suicide as long as they act in good faith.

There is no such provision for doctors or nurses, for whom it is illegal to help or even provide medical records for patients if they suspect they may want to go abroad for assisted dying. Lawyers for a man known only as Martin argued the policy was "defective" in failing to outline cases where health-care professionals might be allowed to help their patients die. Martin's family wants no involvement in his suicide.

THE ASSOCIATED PRESS

NSA leaker. Snowden's father thanks Russia for keeping his son safe

The father of National Security Agency leaker Edward Snowden told Russian television that he is grateful to President Vladimir Putin and his government for protecting his son.

Speaking to the state-owned Rossiya 24 channel in footage broadcast Wednesday, Lon Snowden of Allentown, Pa., thanked the Kremlin for the "courage" shown in keeping his son safe.

Addressing his son, Lon Snowden said that "your family is well and we love you." He added that "I hope to see you soon, but most of all I want you to be safe."

The younger Snowden has

been stuck in the transit zone of Moscow's Sheremetyevo airport since arriving from Hong Kong on June 23. Russia is considering his request for temporary asylum, which he submitted on July 16.

Putin has warned that Snowden could be granted asylum on condition he agrees not to hurt U.S. interests — implying that the American would have to stop leaking material on Washington's spying efforts.

Snowden's Russian lawyer, Anatoly Kucherena, has said the fugitive told him he could meet that demand.

THE ASSOCIATED PRESS



Edward Snowden has applied for temporary asylum in Russia.

GETTY IMAGES

Texan stabbed in chest

Tiff over song in Thailand turns deadly for tourist

An American tourist who insisted on singing with the band in a bar in a beach town in Thailand was killed by one of the musicians, police said Wednesday.

Bobby Ray Carter Jr., 51, died at a hospital of a stab wound in his chest after a brawl broke out early Wednesday at the bar at Ao Nang beach in Krabi province, police Lt. Col. Jongrak Pimthong said.

He said Carter, a Texas native, was intoxicated, began singing with the band and refused to leave the stage.

"Witnesses said Carter got angry when the band played Hotel California instead of the song he requested, and he refused to step down," Krabi city police chief Col. Taksin Pochakorn said.

Police said the band then stopped playing and Carter and his 27-year-old son got into a furious argument with the musicians.

Police say Carter was stabbed in his chest with an iron rod and his son suffered a head injury.

THE ASSOCIATED PRESS

The top floors of 151 Yonge St. in Toronto. You Find Work has an office on the 11th floor. JESSICA SMITH/METRO IN TORONTO

Your dream job awaits — that'll be \$6,000

Metro undercover. Our reporter probes a twisted network of shady companies to see if there's any truth to the 'hidden job market'



JESSICA SMITH
Metro in Toronto

I'm in a tiny office in a swank tower in Toronto's financial core with Dale Smith, who runs a career-counselling business. I've been told he makes promises he doesn't keep and charges a high price for access to job postings anyone can find on Google.

He sets down a contract.

"My favourite, in the whole page, is the client-satisfaction guarantee," says Smith, circling the word "guarantee."

"It's only in the last 10 years ... that we feel so bold that we can guarantee you're going to end up with a position."

The contract is with 2375880 Ontario Limited, under the name "You Find Work" — a company that has only existed for a few months. But Smith has run similar businesses under other names, including Toronto Pathways, Job Search Success and Job Success for nearly 10 years. Before that, he did career counselling for a Canadian franchise of U.S. business Bernard Haldane Associates.

I came to his office posing as a job seeker after being tipped off by a reader.

The complaint was similar to others launched in small-claims court, posted to online consumer complaint forums and told to Metro by former clients: They promise access to a "hidden job market," an

exclusive job database and contacts at big companies — for a big price tag.

Job seeker fights back— 650784 Business Corp.

At small-claims court, I found 10 lawsuits against You Find Work, Dale Smith and other companies he's worked with.

"I don't want you to use my name," said the first plaintiff I called. "You can just refer to me as the victim."

He has an MBA, a PhD and now works on economic policy in the federal government. He says he earned that job on his own.

In 2004, he was relatively new to Canada. He saw a newspaper ad for Bernard Haldane Associates and met with Smith, the general manager of BH Careers International — the legal name for Toronto franchises.

After charging \$6,000, the company brought him in several times to discuss his résumé but never delivered job leads beyond what is easily found online, he claims.

The man requested his money back. His contract allowed him to get a refund for any portions of the program he had not yet completed.

The company refused. At the time, Bernard Haldane Associates was being sued by the State of Illinois for allegedly misleading consumers and had just shut down its Canadian operations.

At that time, Smith set up his own company — RD Group International — in the same location with the same staff and clients.

The man sued both companies and won, but they appealed. He didn't have the money to hire a lawyer and lost. The judge decided he hadn't proven that RD Group

International was legally required to honour his contract with BH Careers.

He estimates the ordeal cost him \$10,000.

New company, new complaints — 2057161 Ontario Ltd.

Havva Seydali and her husband, Serdar Feyzioglu, are taking Smith's company 2057161 Ontario Limited — formerly Toronto Pathways — to court.

"My husband was trying to find work and they contacted him first. I don't know where they got his résumé from. It was probably Monster.ca or Workopolis," Seydali said. "They gave him the impression that they were a recruiter and he had a job interview."

Next, they asked him to bring in his wife.

"They went through this ... explanation of there are two jobs and he's the perfect candidate ... and then it ended up being a service where you pay a fee and they'd guarantee 99.9 per cent you have the job," she said.

Their situation was "des-

perate." She'd been laid off, and her husband had recently finished a degree in industrial engineering.

"We ended up paying close to \$5,000 to secure this opportunity," she said. "Instead they started sending him coaching materials on how to find a job."

A year later, the jobs never materialized and Feyzioglu is still looking for work, she said.

Their accusations haven't been proven in court.

2057161 Ontario Ltd., a.k.a. Toronto Pathways, appears to be shut down now, but Murray James Nahnybida, a former career counsellor at Pathways, registered a new company — 2375880 Ontario Ltd. — in July to do business as You Find Work, with Dale Smith as general manager.

Our experience at You Find Work—2375880 Ontario Ltd.

It's not illegal to accept money to help write résumés and prepare for interviews. It is illegal to make promises that can't be delivered.

The complaints I've heard follow the same basic pattern.

Clients in uproar

Some clients of a string of related Toronto career-counselling companies have gone to small-claims court and vented online about the same alleged scam:

- The companies target vulnerable, out-of-work people
- They offer exclusive leads to great jobs
- They charge thousands
- Once the money is paid, they fail to deliver

I recognize that pattern while posing as a potential client.

The first meeting is about me. Smith claims they'll work with only one in 10 who want their help — forcing job seekers to prove themselves.

According to the résumé I submitted, I haven't worked since 2011, when I left a \$14-an-hour job as an administrative assistant. I have an undergraduate degree in creative writing and no other work experience. But I was accepted.

Over two long interviews, he finds ways to flatter me. I dress well, carry myself well and it was my persistence in calling back twice that impressed him. It goes on and on.

At the end of the meeting he mentions there's a cost. He skirts the question.

"Really, the investment has to make sense.... You have to see the return coming back."

He asks me to bring in my fiancé. I bring along web editor Andrew Fifield to pose as "Rob."

Smith offers to leverage the company's "hidden job market" — his helpful network of

satisfied clients who've gone on to work in high places.

Smith guarantees a job but not a time frame, saying only that 70 to 80 per cent of his clients get a job within a couple weeks to a few months.

I'd said I'd like to make \$25 an hour — \$52,000 a year.

Smith isn't fazed and says, "The right employer might pay you more than that, once they see how productive (you are)."

He says we'll aim for a job that pays \$60,000 "and settle for \$55,000."

The fee he's going to charge me is based on that projection. If I pay up front, the cost is \$3,756 plus HST. If I can't, it's \$4,695 in installments.

The reveal

After revealing we're reporters, Smith is adamant he's done nothing wrong — the company changed names so many times as "brand marketing."

I ask Smith to prove he has good contacts, to put me in touch with any HR department that could confirm their relationship.

"I can't really disclose that without getting their permission first," he says. "We have lots of contacts. How could we be in business and not have contacts?"

Smith blames the complaints and lawsuits on the "one to three per cent" of his 400 to 500 clients a year who are dissatisfied. Some people just won't try, he says.

"We have dozens and dozens of satisfied clients."

I tell him to send some of his satisfied clients my contact information and encourage them to contact me.

A week later, he has not produced one client or company that's willing to vouch for him.

Think you got scammed?

The government can help:

- The Ontario Ministry of Consumer Services placed Toronto Pathways on its "consumer beware" list
- Service Alberta ordered a Bernard Haldane franchise to stop deceptive practices
- Canada's Competition Bureau has issued fines, including to one service in B.C. for falsely promising to use its network to arrange job interviews



Dale Smith in a video posted online, defending the reputation of his last career-counselling business, Toronto Pathways. YOUTUBE

Publishing. U.K. law firm apologizes for revealing J.K. Rowling's pseudonym

Author J.K. Rowling accepted an apology and a charitable donation Wednesday from a law firm that revealed she wrote a crime novel under a pseudonym.

The Harry Potter author was exposed by a newspaper on July 14 as the author of *The Cuckoo's Calling*, a thriller ostensibly written by former soldier and first-time novelist Robert Galbraith.

The book was published in April to good reviews but modest sales, and there was speculation that Rowling or her publisher had leaked the news to raise the book's profile.

But the law firm Russell,



The Cuckoo's Calling
THE ASSOCIATED PRESS

which has done work for Rowling, acknowledged that one of its partners had let the information slip to his wife's best friend, who tweeted it to a Sunday Times

columnist.

Rowling sued the lawyer and the friend. Her attorney told Britain's High Court on Wednesday that Rowling had been left "angry and distressed that her confidences had been betrayed." **THE ASSOCIATED PRESS**

Social media. Facebook stock passes its IPO price — at last

Facebook's stock has passed its \$38 US IPO price for the first time since its rocky public debut last May, crossing a symbolic hurdle that has eluded it for more than a year.

Shares of Facebook Inc. increased 1.2 per cent to \$38.08 in morning trading Wednesday. That's the highest the stock has traded since the company's highly anticipated

initial public offering ended with a thud. The stock is up by more than 50 per cent since last week.

The world's biggest online social network has been on a roll since reporting stronger-than-expected earnings on July 24. Investors are especially upbeat about its fast-growing mobile advertising revenue.

THE ASSOCIATED PRESS



In this May 18, 2012, photo, Facebook CEO Mark Zuckerberg, centre, rings the Nasdaq opening bell from Facebook headquarters in Menlo Park, Calif.
NASDAQ VIA FACEBOOK/THE ASSOCIATED PRESS FILE



Travellers wait to have their boarding passes checked at the American Airlines terminal at Los Angeles International Airport in this file photo. Turns out, getting passengers onto and off planes is so complicated that airlines must continually evaluate how they do it. GETTY IMAGES FILE

Airlines try to perfect the tricky art of boarding

Terminal headache.

You may think it's easy to get people onto a plane, but the process is so troublesome it has to be constantly tweaked

Getting people on and off an airplane quickly is so complicated that even an astrophysicist couldn't figure it out.

The astrophysicist, Jason Steffen of the University of Illinois, normally contemplates things such as axion-like particles. But after waiting in one boarding line too many, he turned to the mysteries of airline seating. "I thought there had to be a better way," he says.

So, after a series of calculations, he deduced that the best

system would be a combination of filling window seats first, then middle and aisle ones, while also spacing the boarding passengers two rows apart.

There was just one problem — passengers would have to board in precise order. Good luck with that. These are the same passengers who don't turn off their phones even after they're told it's a federal law. "Well," Steffen observes, "I understand why airline people aren't calling me."

But the search for the perfect boarding process goes on.

Most airlines allow first-class and other elite customers to board first. After that, some fill the rear rows first and work toward the front.

Others fill window seats and work in toward the aisle. Some used to employ a hybrid called the reverse-pyramid.

Time is (a lot of) money

- All of this matters more than you might think. Passengers want to board early to find space in the overhead bins for their rolling carry-on bags. For airlines, every minute that a plane sits at the gate makes it more likely that the flight will be late, hurting the carrier's on-time rating and causing pas-

sengers to miss connecting flights.

- There's an economic cost to running late, too. Researchers from Northern Illinois University say that at one major airline, which they didn't identify, every extra minute at the gate added \$30 US in costs.

Southwest Airlines has random seating: There are no assigned seats — passengers sort things out themselves. They can pay extra to be near the front of the boarding line.

In recent weeks, United and American have rolled out new strategies for faster boarding. American is letting passengers

board sooner if they don't put anything in the overhead bins. The idea is to get more people seated quickly before passengers with rolling bags clog the aisle.

United reduced the number of boarding groups from seven to five while adding lanes in gate areas. **THE ASSOCIATED PRESS**

Google partnership

Starbucks to upgrade Wi-Fi at U.S. stores

Starbucks says it's reached a deal to partner with Google that will allow it to offer customers dramatically faster Wi-Fi service. Starting in August, new U.S. company-operated stores will begin to receive up to 10 times faster network and Wi-Fi speeds. Over the next 18 months, Starbucks will convert more than 7,000 U.S. stores to the upgraded service. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR
97.35¢
(+0.28¢)



TSX
12,486.64 (-95.11)



OIL
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SALIVATING OVER BIEBS' CAREER

The 24-hour media cycle sometimes means that deserving musicians go unheralded because entertainment reporters are chasing the latest star from concert to concert or quote to quote.

Sometimes a pop icon's daily mini-scandals keep us from noting the larger trends in music.

Sometimes we forget about the talent, hard work and dedication required to be an up-and-coming entertainer, because we'd prefer to write a Justin Bieber story that is guaranteed to get a lot of views for no other reason than the word "Bieber."

As a completely random example, take this column you're reading right now: Bieber, Bieber, Bieber!

Here's a look at Justin Bieber's career highlights:

1994: Born as pop royalty, Bieber's hotly anticipated birth is met with screaming women clamouring outside his hospital window hoping to be spat upon by the infantile crooner.

1998: Shows affinity for music as early as four when he spends hours mastering electronic keyboard's "drum machine" button.



HE SAYS

John Mazerolle

metronews.ca

2007: Discovered on YouTube, where his critical analysis of Zimbabwe's metamorphosis from "Africa's breadbasket to a hyper-inflated basket case" catches the eye of several organizers with TED Talks.

November 2009: Releases first album and becomes a millionaire within days; cries self to sleep because of scathing review in Chart Attack.

March 2010: Quietly releases second album. Excitedly runs to mother when hometown Stratford Beacon Herald places his photo on arts front, which is cut out and given place of pride on kitchen fridge.

April 2010: Changes signature haircut in spontaneous decision approved by 37 agents, publicists, stylists and handlers.

June 2010: Concert for 90,000 people at Wembley not going well until dad suddenly appears to sit in empty seat Bieber had been staring at longingly.

August 2010: Creates 10 fake Twitter accounts in pathetic bid to

push himself over 23 million followers.

January 2011: Earns nickname "Biebs" because of his love of BBC.

March 2011: Makes utter fool of himself on 17th birthday by acting like a 17-year-old.

December 2011: Bieber's sweet natural delivery and boyish charm are made more marketable for later albums by pop-music computer Asshat 5000.

April 2012: Bieber sings duet on stage with Taylor Swift, becoming inspiration for three full discs of Swift break-up songs.

October 2012: Causes a stir when he meets Prime Minister Stephen Harper for a photo-op wearing only Selena Gomez.

November 2012: Playing half-time at Grey Cup, totally misreads local crowd and gets booed lustily when he suggests to Torontonians that the CFL is awesome.

June 2013: Disappointed when Twitter moniker Robert Galbraith, meant to show quality of tweets, not name recognition, attracts only 12 followers.

July 2013: Baset by criticisms for off-stage antics, Biebs reminds critics of his talent at Toronto concert with 27-minute harp solo.

ZOOM

You'll get really high in this hotel room



BRENNAN LINSLEY/THE ASSOCIATED PRESS

Inflatable hotel costs \$50K a night

A hotel room made of aluminum and inflated vinyl is held aloft by a van-mounted scissor lift, on promotional display in a parking lot in downtown Denver.

Architectural artist Alex Schweder created the five-by-

seven-foot room atop a van for the Biennial of the Americas in Denver. For \$50,000 US, a guest would get one weekend night in the puffy space, plus lots of extras including a diamond pendant and earring set, two iPod Nanos and a dance party for 100 people in a ballroom of the Curtis Hotel.

THE ASSOCIATED PRESS

Castle in the sky

- It has a chemical toilet, shower, sink, inflatable bed and couch, and curtains. It is being driven to parking lots until Aug. 23.
- There is a weight limit, and no smoking allowed.

Squeezing in the lap of luxury

After Schweder learned developers want to turn several Denver parking lots into hotels, he created "the hotel rehearsal." One early draft involved suspending the room from a crane.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Next Sunday is the long-awaited return of a certain era-defining television series based around the manufacture of a drug that's almost as addictive as the show. Obsess over the dropped-jaw moments the final season of *Breaking Bad* promises us by joining in on the discourse at these TV-recap sites.



TORSTAR NEWS SERVICE/HANDOUT

Vulture

Matt Zoller Seitz is already back on the *Walter White* train by revisiting the first five seasons, armed with the knowledge of everything each character has been through. It's interesting stuff, and an excellent primer for when he starts probing the corners of the remaining eight episodes as they air. (vulture.com)

Grantland

Bill Simmons' haven of pop culture and sports is blessed with Andy Green-

wald, one of the sharpest and funniest TV critics around. While you're still grappling with the latest dark and depressing deed from Walt, Greenwald is already well on his way to astutely ascribing motivation and potential fallout. (grantland.com)

The AV Club

The Onion's sister site is home to many great writers, but the unsung hero of it all is the feisty comment community at the bottom of each article page. (avclub.com)

Comments

RE: Water's Rising. Where's The Ark? Published July 31

It happens that I have been a research scientist in the communications domain for almost thirty years.

First of all, back when I was a young postgraduate, if I came up with a wrong result I could expect to find myself sitting in the director's office. The director would look across his table, as he did with many a researcher, and say: "Son, you got some 'splainin' to do!" Only once you'd explained what went wrong

and how you were going to fix it to the satisfaction of the director, did you get to work on a new project.

In the climate-study domain there have been, over the last 20 or 30 years, a lot of wrong predictions: Those climate scientists have definitively "got some 'splainin' to do."

Secondly, to another scientist the latest prediction by Strauss actually has no more meaning than a mythical number. A scientist wants to know a few other details before a number has meaning. These other details include the confidence level of the number.

Chris Kurowski, Ottawa

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Never lonely with her two feet

Askher. Lori Girard's first full-length work is 10 years in the making



**BACKSTAGE
PASS**
Mila Petkovic
london@metronews.ca

After a decade of incubation, Askher is finally releasing her first full-length album.

"I didn't know I was a song writer until I got everything else in my life figured out," says Lori Girard, a high school French teacher in St. Thomas.

"This album is me learning to be a writer, figuring out my art and getting good at it."

Askher's album release party goes down at the Black Shire Pub (511 Talbot St.) on Monday.

The lyrical folk country album with strong, sultry female vocals was recorded over 10 years, whenever Girard had time between shows, a career and two children.

Not all of Girard's students know the full extent of her musical life.

"I bring in my guitar sometimes, and we learn a French song. Or we learn grammar points to a Lady Gaga melody," says Girard, who recently played the Pride festivals in Port Stanley and London.

"I'm a little silly with my students."

Her song Two Feet talks about her two lives, one as a teacher and one as a musician.

"I have to watch what I say in both of my roles, and I often say the wrong thing," she says.

"At the same time I want to be myself."

The name Askher (also the title of the album) origin-



Lori Girard, a.k.a. Askher, will drop her first album at the Black Shire Pub on Monday. CONTRIBUTED

ates partly from her job as a teacher.

"There are students who are shy or feel dumb asking questions and they try to get their friends to ask me. So I try to approach them and make them feel comfortable," says Girard.

The name also represents her identity as a female artist who is influenced by other female artists.

Girard's song I Hate to be Alone explores her feelings about being a single woman.

Around town

- **Be a punk.** There's a free punk show at 9 p.m. Thursday at the Richmond Tavern (372 Richmond St.) featuring Weak Ends, Snake Charmer, Aurelia, Minors and Paul Jacobs.
- **More tunes.** Texas King, The Strange, Pick Brothers Band and Tea Leaves take the stage Friday at the APK (347 Clarence St.). Cover is \$5. Doors open at 9 p.m.

"It's about the expectations of society and ourselves," she says.

"It's tough being a single

woman musician. It's almost inevitable a partner will get annoyed at the relationship you might make with a band

member or collaborator."

Most of Girard's song writing happens spontaneously.

"I just pick up the guitar and it comes out. I write very quickly and from the heart."

"Big chunks of my songs tend to come out in very emotional moments for me."

She leaves on a cross-Canada tour to Vancouver on Aug. 11 with fellow solo artist Carly Thomas, who will open the release show at the Black Shire. Cover is \$5, and doors open at 9 p.m.

2 SCENE



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1. THE WHITE PRINCESS Philippa Gregory

Caught between loyalties, the mother of the Tudors must choose between the red rose and the white. Philippa Gregory presents the latest Cousins' War novel, the remarkable story of Elizabeth of York, daughter of the White Queen.

Last Week: 1 / Weeks on List: 1



2. THE CASUAL VACANCY J.K. Rowling

A big novel about a small town. Pagford is, seemingly, an English idyll, with a cobbled market square and an ancient abbey, but what lies behind the pretty façade is a town at war. The Casual Vacancy, now in paperback, is J.K. Rowling's first novel for adults.

Last Week: 2 / Weeks on List: 1

This Week

Last Week Weeks on List

- | | | |
|---|----|----|
| ★ 3. WAGING HEAVY PEACE Neil Young | - | - |
| 4. THE SECRET KEEPER Kate Morton | 4 | 3 |
| 5. THE ENGLISH GIRL Daniel Silva | 5 | 3 |
| 6. FIRST SIGHT Danielle Steel | 6 | 3 |
| 7. INFERNO Dan Brown | 7 | 10 |
| ★ 8. CRAZY RICH ASIANS Kevin Kwan | - | - |
| 9. BEAUTIFUL DAY Elin Hilderbrand | 9 | 6 |
| 10. THE OCEAN AT THE END OF THE LANE
Neil Gaiman | 10 | 7 |
| 11. THE EYE OF GOD James Rollins | 3 | 6 |
| 12. SILVER STAR Jeannette Walls | 12 | 8 |
| 13. THE KILL ROOM Jeffery Deaver | 13 | 9 |
| 14. REVENGE WEARS PRADA Lauren Weisberger | 14 | 9 |
| 15. THE FIRE WITNESS Lars Kepler | 8 | 8 |
| 16. WILD Cheryl Strayed | 16 | 18 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 15 |
| 18. THE SECRET RACE Tyler Hamilton | 11 | 7 |
| 19. I WEAR THE BLACK HAT Chuck Klosterman | 19 | 1 |
| 20. SECOND HONEYMOON James Patterson | 20 | 5 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 5th

★ New this week

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metro

10

metronews.ca
Thursday, August 1, 2013

Williams is one of The Crazy Ones

Move over Mork.

Robin Williams is an advertising genius dealing with plenty of personal woes in his latest television role

Want to make Robin Williams laugh? Call him a sad clown.

That's what one critic did Monday on CBS's Television Critics Association press tour presentation for The Crazy Ones. The fall comedy stars Williams as the head of an ad agency with Buffy the Vampire Slayer star Sarah Michelle Gellar playing his daughter and business partner. James Wolk (Mad Men) is also part of the ensemble.

Responding to a comment from a critic that there are sweet, poignant moments on the show — setting up the “sad clown” remark — Williams did a whole wacky bit on being a sad clown, jumping out of his seat, causing his lapel mike to become untethered. He wondered what it would be like waking up next to a sad clown: “Oh, my God, what are those big feet doing in my bed?”

It was the kind of funny business reporters and fans have come to expect from Williams. There are flashes of the same free spirited antics in the pilot, although David E. Kelley — an unlikely showrunner — says Williams can stick to a script, too.

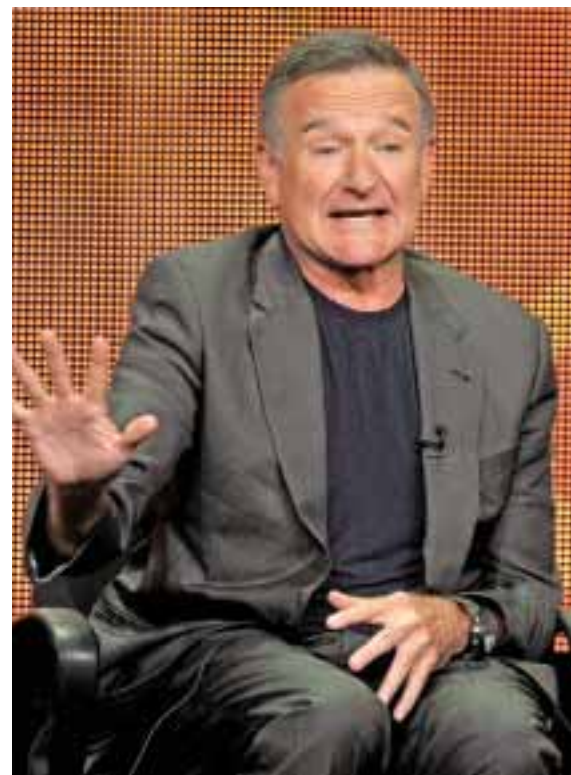
“He says my words perfectly — then he uses his,” says Kelley.

The former Ally McBeal and Boston Legal showrunner says writing for an old pro like Williams was intimidating: “I feel like I’ve been handed the keys to a car that I am ill-equipped to drive.”

Kelley says an actual ad executive approached him with the idea for the show several years ago. He says it’s basically about “this iconic, crazy advertising genius and his relationship with his daughter.”

The pilot episode shows Williams’ and Gellar’s father-daughter characters trying to pitch a new ad for McDonald’s. The fast food giant gets plenty of plugs throughout the half hour, but the producers insist there was no payment for embedding the McReferences.

“But if you look under



Robin Williams gets a little animated at the Television Critics Association press tour while promoting his new show The Crazy Ones. THE ASSOCIATED PRESS

Art imitates life

Robin Williams says he shares a lot of back story with his character in The Crazy Ones, “like rehab, divorce, and all that stuff.” He expects the character of his ex-wife will be introduced in later episodes. “He’s had an interesting life, to say the least, you know, just like myself. I went to rehab in wine country just to keep

my options open.” Asked what made him happy these days, Williams turned serious, citing his family, work and being around creative people. “And riding my bike is one of my happiest moments.” He married his third wife, graphic designer Susan Schneider, in 2011 and has three grown children.

your chair there’s a Happy Meal,” cracked Williams.

The 62-year-old funnyman rose to fame in 1978 after being cast as a comedic alien in the ABC series Mork & Mindy. He praised his co-star from those days, Pam Dawber, for her ability to play straight woman to his insanity.

“Pam held the line for me. She was incredible, which allowed me to be as outrageous as I was.”

After the formal press conference, Williams was asked about how TV and comedy has changed since those Mork & Mindy days. That show “started out real playful, then eventually, it just burned out,” he said. This

new show “can’t just be about riffing.”

The culture seems to have sped up, too, matching, in some ways, Williams’ frenetic style. Even he has trouble spitting out all those rat-tat-tat references before they become stale. Williams told an Anthony Weiner joke during the session, for example, and then wondered aloud whether Weiner jokes were already last week’s news.

He came up with a variation of Andy Warhol’s old line “In the future everybody will be famous for 15 minutes,” changing it to, “in the future, everybody will have their own TV network.”

THE CANADIAN PRESS



Simon Cowell ALL IMAGES GETTY

Awkward future arrival? Cowell has reportedly knocked up friend's wife

Simon Cowell is reportedly going to be a dad — but the mother-to-be already has a husband. New York socialite Lauren Silverman is reportedly expecting a child with Cowell, though she's still married to Cowell's close friend Andrew Silverman, according to *Us Weekly*. "Lauren and Andrew have

been unhappy in their marriage for some time, and their divorce has been in the works for a while," a source says. "As their marriage deteriorated, she and Simon became close." The source adds that Lauren is "around 10 weeks along." Cowell's reps were unavailable for comment.

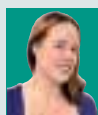
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Fergie solidifies her gay icon status with 'gayby' shower



**THE
WORD**
Dorothy Robinson
scene@metronews.ca

When I first heard that Fergie and Josh Duhamel threw a "gayby" themed baby shower for their son, due in September, I was a bit perplexed: How did they know their fetus liked boys?

But I was mistaken, as usual. Their "gayby"

baby shower, which was attended by the likes of Perez Hilton, Kelly Osbourne, Adam Lambert, Molly Sims, Gabriel Aubry, Julianne Hough, RuPaul and Lance Bass, was named as such to flaunt Fergie's gay-icon status (which makes me wonder what would have happened if Judy Garland were around to have a baby).

Sunday's fete, held at the SLS Hotel in Los Angeles, featured burlesque dancers in drag, a black, white and blue theme, and shirtless bartenders serving Fergie's Ferguson Crest wine. If his baby shower was this much fun, what in the world is he going to do for his 21st?



James Blunt

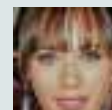
Blunt's mass music mail a 'mistake', pull the other one!

James Blunt wishes he could unsend an email that accidentally went out to millions of recipients and included his new single, *Bonfire Heart*. Blunt took to Twitter to voice his embarrassment, writing, "Oops."

Just emailed the whole of the U.K. by mistake." His record label also says the message was a "clerical error," but many are skeptical, suggesting it's just a publicity ploy.

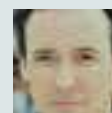


Twitter



@iamrashidajones

I wish you could Shazam someone's face



@johncusack

Well personally I can say to my gov that jails the whistleblowers and let's the criminals free "go straight to hell boys" this ain't over



@mindykaling

"Kiss me on the lips or you're fired!" is something you shouldn't say to your crew, I learned today



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**SHOPPERS
DRUG MART**

Feeling insane in the mane?



"Stay away from excessive colour, heat and anything that can damage the hair cuticle," says Dr. Bauman. ISTOCK

Tress distress. We get to the very root of the frizz problem to learn how to tame it

COURTNEY FOWLER
Metro World News

We love our hair, but when the humidity hits each summer the same question runs through our mind: Should we just cut it all off?

Here to help walk us off the edge is Dr. Alan J. Bauman, a board-certified hair science consultant and member of the prestigious Pantene Institute.

He told us what we can do to finally have some good hair days this summer.

But first, what causes frizz?

Natural texture

"The texture of hair is essential to establishing its tendency to frizz. Often

hair that is curly or wavy will likely become frizzy."

Environment

"Humidity, heat and changes in the air quality cause friction in the hair.

"Hair is made up of long keratin proteins that form two types of compound bonds. One is a hydrogen bond.

"These bonds break and reform every time your hair gets wet and it dries. Because there is so much water in humid air, those bonds are broken and reformed faster, resulting in frizz."

Hair quality

"The bottom line is hair that isn't healthy will be prone to frizz. Hair that has already had some type of disruption or chemical damage, such as with colour or excessive heat, is overwhelmingly more prone to frizz because it's in an unhealthy state."

Dr. Alan J. Bauman on treatments

What are some ways to tame frizzy hair?

The first thing to remember is that frizz is a combination of problems. Sometimes the more hair damage that you have, the frizzier your hair will be — and, of course, those with curlier hair typically end up with more frizz.

So some of these things you can't change, but there are things you can do to reduce it. You can straighten your hair, you can flatiron it or use

straightening treatments — but in the long-term, those things might damage the cuticle, which could make your hair more prone to frizz.

Conditioning it regularly is the safest and most effective thing that you could do. And be conscious of the types of products that you're using. Shampoos and conditioners with amino silicones and cationic surfactants are ideal for treating frizzy hair."

What are amino

silicones and cationic surfactants?

Silicones, especially amino silicones, are the things that fill in the gaps of the cuticle. The silicones decrease the friction, meaning that the hair strands will be able to slide more easily through the comb and you're less likely to tangle it or snag it. Now the cationic surfactants fill in the cuticle, almost like a chemical patch, to restore the natural smoothness and quality in the hair.

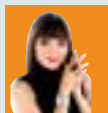
So imagine if the cuticles are fish scales that lay on top of one another. As damage occurs, those scales kind of break away or peel up from the hair, resulting in frizz, but the cationic surfactants fill in those gaps and the amino silicones decrease the friction and make it easier to comb or brush.

What about keratin treatments?

"Keratin is a chemical and heat treatment that is used to straighten the hair. It breaks

the sulfate bonds in the hair and essentially reforms them so that the hair is straight. It's considered almost like a semi-permanent treatment because, although every salon applies it differently, it's something that would need to be reapplied. So, it reduces frizz and allows the hair to dry a little bit better and gives you kind of wash-and-wear hair. But, it also comes with risks, because as that straightening wears off, you need it to be straightened again — and eventually the heat and chemicals can cause breakage.

Twitter



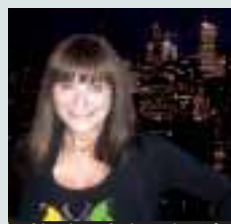
JEANNE SPACE

Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



A good farm cleanup + back to the big city! #allfarmedout



Taking in a glorious view of an illuminated TO! Getting nostalgic for the '70s at the old "Aquarius 51"...

One-minute miracle

Posh remover Bourjois Magic Nail Polish Remover, \$10

"Dip, turn and voila! Your nail enamel is history. At-home-mani devotees will love this potion with instant lacquer-eliminating power. Its gentle acetone- and paraben-free formula makes quick work of stubborn sparkles, too." Ashley Kowalewski, The Kit.ca



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Trends Report

- Summer is sandals season, but are you still looking for a shoe that really stands out? Go online to Trends Report to see a bold and fashionable twist on a gladiator sandal and get tips on how to style it.



Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetrolreneK

Be a smooth(ie) operator

Chocolate, Cappuccino and Banana Smoothie

I'm a chocoholic and I have discovered that 1% chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

- 1 cup (250 ml) cold chocolate milk (1% or soy milk)
- 1 cup (250 ml) 2 % low-fat coffee flavoured yogurt
- 1 medium-sized ripe banana, sliced
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) cocoa powder

Combine the milk, yogurt, banana, honey and cocoa powder in a blender and purée. Serve immediately.

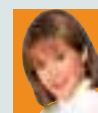


Strawberry, Banana and Orange Smoothie

If you're in a rush in the morning and need a quick breakfast, try a smoothie. The combination of protein and fruit keeps you satisfied longer. This is also a healthy snack to stave off hunger between meals. Experiment with different fruits, using whatever is in season. For extra protein, substitute low fat plain yogurt for the milk.

- 1 cup low-fat milk or soy milk
- 1 small ripe banana, sliced
- 1 cup frozen or fresh sliced strawberries
- 1/2 cup orange juice
- 2 tbsp honey
- 5 ice cubes

Place all the ingredients in a blender and purée. Serve immediately.



ROSE REISMAN
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For your phone

Filibaba Smoothies (iPad/iPhone; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With a gathering of fruits, berries, veggies, and spices, you can mix up refreshing summer smoothies and milkshakes. These 23 recipes include built-in timers, healthy tips and sweeter, kid-friendly mixes.



Give your chicken the garlic treatment

1. Preheat the oven to 350 F (180 C) or 320 F (160 C) for convection oven and cook the chicken according to the Maggi pack instructions.

2. Put a large pot of water on the stove for the egg noodles and allow it to come to a rolling boil.

3. About 15 minutes before the end of the chicken cooking time, heat the canola oil in a large frying pan or wok



This recipe serves four. NEWS CANADA

Ingredients

- 4 chicken breasts
- 1 pack Maggi So Juicy Garlic
- 1 tbsp canola oil
- 12 button mushrooms, sliced
- 1 small head of broccoli, cut into florets
- 1 small onion, sliced thinly
- 1 carrot, sliced thinly
- 450 g package of egg noodles
- 1 tbsp sesame oil (optional)
- 1 lime, juiced
- 2 green onions, finely sliced
- 2 tsp sesame seeds (optional)

and stir fry the mushrooms until golden. Add the broccoli, onion, and carrot, and continue to cook for about 5 minutes, over high heat.

4. Cook the egg noodles according to the pack instructions. Once cooked through, drain and set aside.

5. Remove the chicken from the oven, leave to cool for a minute then cut the bag open and gently tip the con-

tents into a dish. Transfer the chicken breasts to a board and slice diagonally. Pour garlic juices from the dish over the vegetables.

6. Add the cooked noodles to the pan with the vegetables and toss to combine. Season with the sesame oil (if using) and lime juice. Serve the stir fry with the sliced chicken, scattered with green onion and sesame seeds (if using).

NEWS CANADA

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Stone-age decor keeps things cool



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Cool to the eye and cooling to the touch, marble and stone creates a timeless look for the home, whether on the floors, counters or as an accessory in a room. This decor is my new obsession, and not just for shower tiles or countertops.

Topping an antique table with marble instantly gives it new life, and adding marble accessories to a kitchen countertop serves up high-end style.



Sculptural stone vessel

Hand-cast from resin and cement with the character of weathered stone. Use to plant orchids or hold your favourite magazines. \$129, restorationhardware.com



Blaine candle holders

A modern take on the sculptural hourglass. \$22 to \$30, crateandbarrel.com



Chateau kitchen island

This piece is reminiscent of France's wine country; it's made of reclaimed pine in a silver grey finish and topped with sleek black granite. \$1,299, urbanbarn.com



Carrara marble long board serving platter

Set your cheese and crackers wheeling down the table on a surfboard-shaped, custom-made platter, or display perfume bottles on a long vanity. \$620, dididunphy.com

Free range coffee table

Mixed mediums of dark walnut, black metal and marble create an ultra-chic living room table that looks like a

one-of-a-kind prototype. \$839, urban-mode.com



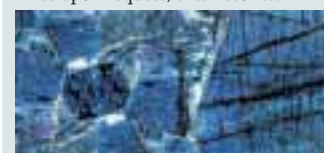
Adelsten pestle and mortar

Perform old-fashioned culinary duties with modern style in the kitchen. It's the original pepper grinder. \$15, ikea.com



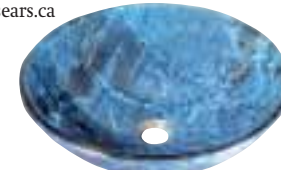
Dumortierite Concetto countertop surface

Made from cut/bound semi precious stones for luxurious counter surfaces. Price upon request, caesarstone.ca



Bionic aqua marble vessel sink bowl

Add a dash of colour to the powder room with blue veined marble. \$247, sears.ca



Etiquette

So I can't play the spoons with it?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Have you ever wondered when eating at an elegant restaurant, "What am I supposed to do with the strange flat spoon?"

Well the "flat spoon" is called an individual sauce spoon (cuillère à sauce) and is correctly set at the dinner table on the right side of the dinner plate, between the plate and the main course knife. So when did this strange spoon appear on our dinner tables?

Well the sauce spoon first appeared in the 1950s in Paris, France. The restaurant was called LASSERRE, and chef René Lasserre decided to help guests enjoy the delicious sauces without the need of using bread to "mop up the

delicious liquid." So he invented this wonderful spoon.

The invention and custom of using a sauce spoon started with the fish course.

Today in many elegant and formal restaurants, I see this sauce spoon used either for the fish or meat course. So when you have finished eating the fish or meat and your plate is empty with just the sauce remaining, you take the sauce spoon and scoop up the remaining sauce on your plate.

This utensil should be used exactly like you would a soup spoon.



You probably already knew this, but the sauce spoon goes on the right side between the plate and main course knife. ISTOCK IMAGES

visit metronews.ca

Art is the new white — how to transform boring walls

Create a gallery wall.

A few tips to get you started on creating an artistic feel in any room

COURTNEY FOWLER

Metro World News

Wall galleries are a great way for people who aren't necessarily artsy to add an artistic feel to their rooms," says Chrissy Droessler, co-founder of the on-line custom framing company Framed & Matted. "The best part is that there's no right or wrong way."

Figure out your layout before hanging

"One of the biggest mistakes that people make while creating wall galleries is hanging individual pieces up before they actually have an idea of the layout," says Droessler. She suggests laying the frames out on the floor first to organize your gallery. Doing so gives you a clearer picture of the outcome. "Also, if your goal is an eclectic gallery wall, you want to have frames in various sizes," she

says. "If you want a clean, crisp look, then the frames should be hung in line, either as a column, as a grid wall or as a few rows."

Start with an anchor piece

"When building a gallery wall with different-size frames, it's helpful to have the largest work as the 'anchor' so the other works can be added around this piece," says Droessler. "As you add frames, keep the frame wall balanced. By doing this you can naturally build out the wall over time and it will always look like one unit." Droessler adds, "It's important to hang the anchor off centre, otherwise you run the risk of your eye only focusing on the large centre frame, when what you want is the whole group of frames to be the focus. So by putting it off centre and hanging the other frames around the anchor, the gallery wall looks like a cohesive unit."

Keep the centre of your gallery at eye-level

"Hang art at eye-level, with the centre of the artwork at 60 inches off the floor," says Droessler. This way the frames are at a comfortable place for people to



You'll need a hammer, nails and level to get started. GETTY IMAGES/POLKA DOT RF

view. "Hang the work too high, and people have to crane their necks, making it less fun to look at."

Choose the right frames

Keep it simple, advises Droessler. "The focus should be on the artwork and not the frame. Simple white or black frames look great with photographs or modern art. But really

any frame that is simple and enhances the artwork is a good choice." If you want to add a splash of colour, she suggests using a colourful mat. "To get the right mat, choose a colour that is in the art," she says. "If you do not want to commit to a large bright mat, a good option is to get a double mat, with a white top mat and a colorful bottom mat."



Start with an anchor piece and build out. FRAMED & MATTED



Keep the frames all the same colour or make the mat the same, says Droessler. GETTY IMAGES/POLKA DOT RF

Dos and don'ts

- Do make a gallery that isn't too static and can always evolve and change.
- Don't start hanging frames before your vision of the gallery is clear.
- Do consider the colour scheme of your framing in correlation with the room's layout or style.
- Don't freak out! Gallery walls can be intimidating, because they look so cool, but don't allow yourself to get overwhelmed. Take it one frame at a time.

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Communities

Mellow metallics take the home decor stage

Heavy metal fan?

A classic look that can work in both traditional and contemporary spaces

Never been a heavy metal fan? The new look of brass, copper, bronze and nickel in this fall's decor might change your mind.

The finishes are warm, without the kitschy clash of some previous go-rounds.

You'll see these softer, richer-looking metals — joining gold and silver on the decor stage — as accents on accessories, as furniture embellishment and as a brushed finish on textiles.

THE ASSOCIATED PRESS

Kiki side table

This side table evokes a circus acrobat's performing rings, with polished gold hoops that support a smoky glass top.

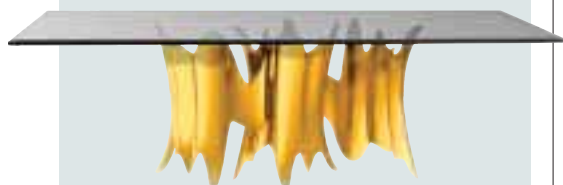
BYKOKET.COM



Obsedia dining table

The table has a unique glass top, available in clear, smoked or bronzed glass, that rests on a plated gold aluminum base. This is a striking way to bring metallics into spaces that can accommodate a strong element.

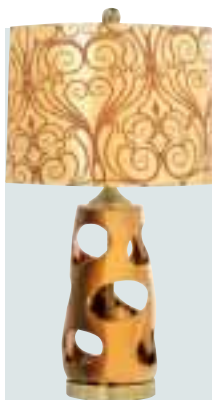
BYKOKET.COM



Brass lamp

This lamp has a coppery finish and a contemporary swirl-patterned shade. Warm metallics like nickel, copper and brass add interest and depth to fall decor; a few touches make a big difference.

HOMEGOODS.COM



HomeGoods vases

Vases with burnished metallics that have subtle texture and shine that's less flashy than polished metal but just as intriguing.

HOMEGOODS.COM



Remi bookcase

Its slender frame is finished in a warm antique brass inset with handsome black powder-coated shelves.

CRATEANDBARREL.CA



Melrose floor lamp

A floor lamp that lights up elongated mid-century curves with an updated matte brass base and a cream canvas drum shade.

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Kevin! Be prepared before you leave your home alone

Plan ahead! Empty houses are attractive targets for break-ins — protect your home

Your bags are packed, the car is loaded and your tickets are in hand. You're finally ready for that relaxing summer getaway you've been anticipating all year ... or so you think.

In the last minute hustle and bustle of planning a vacation, many families leave their "home alone" and fail to plan for its proper protection.

Empty houses are attractive targets for break-ins, which can be a real threat for homeowners.

"Planning ahead is essential to ensure that your return home doesn't leave you with unplanned surprises," says Wayne Ross, an

insurance expert at Aviva Canada. "The key is to take a few simple steps to make it look like you haven't left at all."

Consider the following tips the next time you are travelling for an extended period of time.

Keep it to yourself

You or your kids posting holiday plans or live updates on social networking sites such as Facebook or Twitter may seem harmless enough, but it could alert would-be thieves to an empty house.

Get a house sitter

Have someone stay there or have a trusted neighbour check in daily. Give this person a key — don't hide it.

Light it up

Set lights on timers in different rooms of your home.

Have your yard maintained

Depending on the time of year, arrange to have your lawn mowed and your grass watered.

Newspaper and mail delivery

Piled up mail or newspapers are an obvious giveaway that the homeowners are out of town — cancel or temporarily divert deliveries, or have your neighbours pick them up in a timely fashion.

With these tips in mind, you can concentrate on enjoying your summer escape and coming back to your home revitalized. More information is available from your insurance broker or at avivacanada.com.

NEWS CANADA

Awareness

Lindros London-bound to take up concussion cause

Eric Lindros will be in London next month in his quest to improve concussion education and awareness.

The oft-concussed former NHLer is 2013's honorary chair for See the Line, a collaborative initiative attempting to improve research and knowledge with regards to brain injuries.

"Over the past 20 years, there have been great advances in the field of concussion research. However, we have much further distances to travel," Lindros said in a statement.

See the Line begins Aug. 14 with a free seminar at Western's Arthur and Sonia Labatt Health Sciences Building, followed by a gala dinner in the evening and a fundraiser golf tournament on Aug. 15 at Sunningdale Golf and Country Club. Go to seetheline.ca for more information. **METRO**

MLB

Diamondbacks send struggling pitcher to Padres

Right-hander Ian Kennedy will get a chance for a fresh start with the San Diego Padres, thanks to a general manager who's familiar with his work.

The Padres acquired Kennedy just before Wednesday's trade deadline for left-handed reliever Joe Thatcher, a minor leaguer and a draft pick.

THE ASSOCIATED PRESS

MLB

Tigers' Cabrera sits again, hopes to play on Friday

Detroit Tigers slugger Miguel Cabrera was encouraged by his improved condition after missing another game with a strained lower abdomen.

"I feel better," Cabrera said after Detroit beat Washington 11-1 without him on Wednesday. "Hopefully, we can ... try to be 100 per cent Friday."

After a day off Thursday, the AL Central-leading Tigers will start a series at home against the White Sox.

THE ASSOCIATED PRESS



The Blue Jays' Jose Bautista hits an RBI double off Athletics pitcher Jesse Chavez during the 10th inning Wednesday in Oakland. ERIC RISBERG/THE ASSOCIATED PRESS

Joey B brings his A-game in 10th

MLB. Blue Jays take series vs. Athletics as Cecil earns his first major-league save

On Wednesday

5

Blue Jays

2

Athletics

R.A. Dickey still believes the Toronto Blue Jays can make something of this season, even sitting in last place in the difficult AL East. They won Wednesday despite four errors.

On a day the Blue Jays brass kept the roster intact at the trade deadline, Jose Bautista hit a go-ahead double in the top of the 10th inning as Toronto defeated the Oakland Athletics 5-2 on Wednesday for a series win and their fifth victory in seven

games following a seven-game skid.

"For us to only give up two runs on a day we had four errors is a real positive," Dickey said. "I don't think anybody really expected us to make a move in here. We have the team in here, at least the nucleus in here that's going to get it done one way or another."

Bautista lined a double to

right against Jesse Chavez (2-3). Rookie catcher Stephen Vogt's second costly passed ball of the game allowed Jose Reyes to advance after a leadoff infield single, and Reyes scored on Bautista's hit.

Casey Janssen (4-0) pitched a 1-2-3 ninth for the win, while Brett Cecil finished for his first major-league save in two opportunities.

Colby Rasmus added a two-run single off Jerry Blevins for insurance in the 10th.

"It wasn't pretty. This is a brutal sun field," manager John Gibbons said. "We got lucky there."

A's starter Bartolo Colon and Dickey each settled for no-decisions, leaving after six innings apiece with the game

PED investigation



"I served my suspension last year, but MLB has never told me that it's OK now."

Jays outfielder Melky Cabrera said Wednesday he hasn't been told by MLB whether he will face a ban for his ties to a Florida clinic accused of distributing performance-enhancing drugs. Cabrera served a 50-game suspension in 2012.

tied at 2.

A's all-star closer Grant Balfour struck out the side in order in the ninth, but Chavez couldn't hold down the heart of Toronto's batting order.

THE ASSOCIATED PRESS

Trade deadline. Jays GM says potential deals fell apart

Mulling deals

"There's no question we need to make improvements. We need to get better."

Blue Jays GM Alex Anthopoulos

pretty quiet overall," he told a media conference call.

He acknowledged the team was most interested in a starting pitcher and middle infield

help.

"Then there were some other ideas thrown at us that were larger concepts but they weren't things we needed to rush to do now," he said.

The deadline has now passed but teams can still make a deal during the season. Anthopoulos said while he didn't expect a lot of action league-wide in August, some talks might turn into trades in the off-season.

THE CANADIAN PRESS



Toronto GM Alex Anthopoulos
RICK MADONIK/TORSTAR NEWS SERVICE

4 SPORTS

Canadian charges hard down stretch

2013 FINA World Championships.

Victoria's Ryan Cochrane wins bronze medal in Barcelona

Ryan Cochrane had to claw his way to Canada's first podium finish in the pool at the 2013 FINA World Championships.

The Victoria native won his third straight medal in the men's 800-metre freestyle Wednesday, charging down American Connor Jaeger on the final 100 metres to win the bronze medal in seven minutes 43.70 seconds.

The 24-year-old won silver in the event at the 2011 worlds in Shanghai, and bronze in 2009 in Rome.

China's Sun Yang took the gold in 7:41.36. Cochrane, who came an agonizing fourth in the 400-metre freestyle Sunday, was edged by American Michael McBroom by 0.1 seconds



Victoria's Ryan Cochrane with his bronze after the men's 800-metre freestyle on Wednesday in Barcelona. GETTY IMAGES

for silver.

"The touches aren't my friend this meet," Cochrane said. "It was hard getting fourth place. It's a frustrating place to be but with a world championships anything can happen. There's so many great competitors that in this 800 I think

anybody had a chance at the podium.

"To know I could claw my way back onto the podium is great and we have the 1,500 to look forward to after this."

Randy Bennett, head coach of the national team and Cochrane's coach at the Victoria Academy of Swimming, characterized the race as "interesting."

"Five guys in it all the way and it's not that normal in the distance freestyle," Bennett said. "It's usually a two- or three-horse race but it was interesting — he could have been fifth.... It's great racing for him to get his hand on the wall in the third-place position and be aware that he had to go in the last 100 as hard as he did, so we'll take the medal and run with it but you always want a little bit more."

The medal is Canada's fifth overall at the championships, and second in swimming.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS



'Yes, surveillance on the one who gave me bunny ears'

University of Connecticut Huskies centre Stefanie Dolson, top left, gives the "bunny ears" to U.S. President Barack Obama during a ceremony in the East Room of the White House to honour the 2013 NCAA women's basketball champions. CAROLYN KASTER/THE ASSOCIATED PRESS

NBA

Detroit Pistons plan to win ... now

The Detroit Pistons officially announced the next step in their win-now plan Wednesday, acquiring point

guard Brandon Jennings from the Milwaukee Bucks for guard Brandon Knight and two other players.

The Pistons also gave up two seldom-used players, forward Khristian Middleton and centre Viacheslav Kravtsov. THE ASSOCIATED PRESS

Olympics. They're not all dopers: IOC official

Assuming all athletes are doping because some have been caught recently is unfair, International Olympic Committee presidential candidate Thomas Bach said Wednesday.

With about a week to go until the world championships in Moscow, Bach warned against blindly suspecting all athletes of doping following the recent positive tests of sprinters Tyson Gay, Asafa Powell and Sherone Simpson.

"That wouldn't be fair," the German said at a news conference. "It is poison for a positive test to lead into the trap of doping suspicion.... That's why we should always be aware of whom we are in this fight against doping for — for the clean athletes."

Bach, an IOC vice-president, is vying to replace outgoing president Jacques Rogge, who is stepping down after 12 years. Rogge's successor will be elected on Sept. 10 by secret ballot. THE ASSOCIATED PRESS

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NEW

Horoscopes

Aries

March 21 - April 20

Try not to be a control freak. Let others decide what you are going to do. It may be at odds with the way you usually go about things but it will be strangely liberating too.

Taurus

April 21 - May 21

Drama will unfold over the next 24 hours, either in a personal relationship or at work. The important thing is that you don't react without thinking. Look at the situation rationally and do what must be done.

Gemini

May 22 - June 21

You are full of good ideas but one idea in particular should be singled out and worked on immediately. Its success — and your fortune — depends on getting the timing right, and the time is now!

Cancer

June 22 - July 23

You're in a good mood at the moment but those around you are a bit depressed, most likely because they have serious problems to deal with. What can you do to cheer them up? Just stay out of their way.

Leo

July 24 - Aug. 23

You may be no-nonsense by nature but even a Leo can be fooled and the planets warn you need to be extra careful today. It's OK to dream but keep in touch with reality too.

Virgo

Aug. 24 - Sept. 23

This may be a chaotic time but you seem to be enjoying the mayhem. Changes in your working environment are unsettling for sure but they are necessary too.

Libra

Sept. 24 - Oct. 23

Success is important, but it's wrong to measure your life purely by how much you own or earn. The planets urge you not to get attached to material things for their own sake.

Scorpio

Oct. 24 - Nov. 22

It seems you are in one of those moods when you are tempted to throw everything out and start again from scratch. The only danger is that with Pluto, your ruler, under pressure, you are likely to regret it later.

Sagittarius

Nov. 23 - Dec. 21

You seem to be in an aggressive mood and today's Mars-Uranus link warns you could easily go too far and spark a feud that gets way out of hand. Relax.

Capricorn

Dec. 22 - Jan. 20

Make an effort to look on the bright side today, because if you allow little things to get on top of you, your mood will head south fast. Remember too that you can't solve everyone's problems.

Aquarius

Jan. 21 - Feb. 19

Look at what you have to do today as a challenge to be enjoyed rather than a chore to be endured. You'll be surprised at how much fun you have.

Pisces

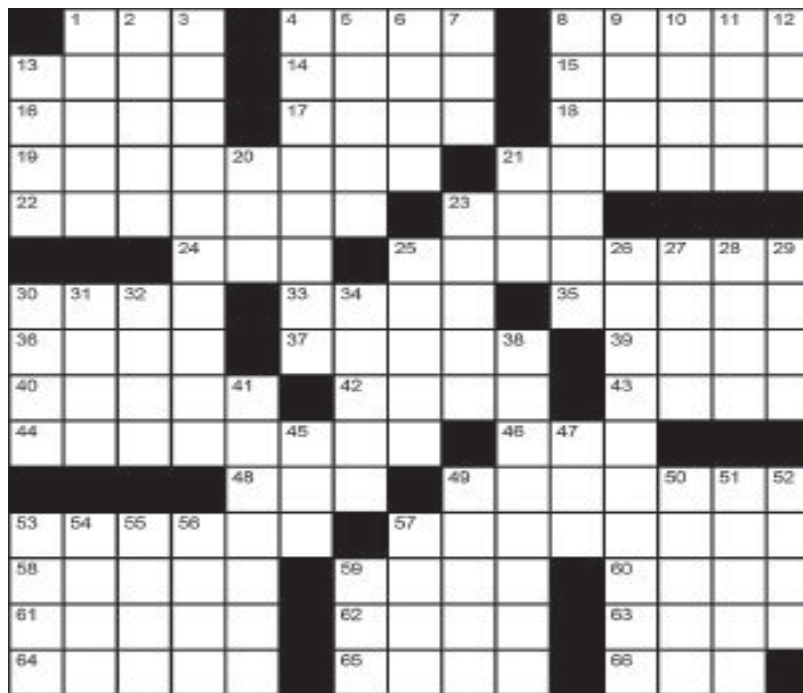
Feb. 20 - March 20

Do what you want to do today and don't waste time worrying what colleagues and loved ones might think about it. Far from being unpopular, you will find that most people respect you more for being your own boss. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Bird beak
- Grade
- Canadian author Ms. Gallant
- Shoe spot
- Organic compound
- Country legend Patsy
- Ancient concert sites
- Punk pop's Mr. Pop
- Aqua-denizen, with Ray
- Roman Empire's first Emperor
- Adam Levine's band, ___ 5
- Beats
- Car or truck, e.g.
- Not nay
- Health club class
- Marsh matter
- Goose eggs
- Prefix to 'system' (Diet plan advertised on TV)
- Years, in old Rome
- Choreography components
- Eminem tune
- ___ clock, don't wind it up
- ___ or neuter
- Sunday song
- Canadian singer/songwriter Ron
- Needs-to-be-sewn



- site
- Owl's sound
- ___ Beach (Resort village in Saskatchewan with a saltwater lake)
- Jay-Z, then ...JAY Z, now ...what's missing?
- Bryan Adams' 1984 hit album
- More shipshape

- 'Desserts' locale
- Less than twice
- Grad parties
- Word linker-uppers
- Crying component
- Call (permanent) time on a relationship: 2 wds.
- Do modelling
- Gibraltar, e.g.

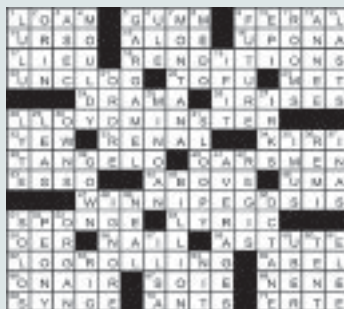
Down

- "Obviously, Sherlock!": 2 wds.
- Lyrical lament
- How to do hair and makeup, plus skin-care, too: 2 wds.
- Canadian retailer of women's clothing
- AC/DC lead guitarist Mr. Young
- Clothing, informally

- English cathedral city
- ___ Stadium (Calgary Stampede's home field)
- Banned orchard spray
- Ristorante wine
- "___ the Groove" by Madonna
- Mr. Connery
- Go parasailing

- He's opposite
- Sea: French
- Big name in motor scooters
- Hebrew alphabet's first letter
- To-remote-locations fliers: 2 wds.
- Small, ___-bitty
- Jam-in together
- ___ Fein (Irish republican party)
- "No thanks." = "I'll ___"
- Duck, in Dusseldorf
- Strong as ___
- "___ die for!"
- City in New York State
- Nova Scotia town
- Lithium-___ battery
- Fountain filler
- Fixes
- Principle
- Felix's roommate
- Easy to operate, ___-friendly
- Ballyhoo
- Wool
- Nudge
- Prefix to 'sphere'
- Gambler's destination
- Road trip item

Yesterday's Crossword

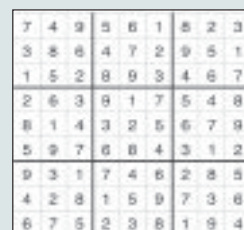


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today 24°/14° Thunderstorms 40%
Friday 24°/13° Showers 40%

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*NO PURCHASE NECESSARY. Contest begins on July 13, 2013 at 9:00:00 a.m. EST and closes August 11, 2013 at 11:59:59 p.m. EST. Open to legal residents of Canada who have reached the age of majority in their province or territory of residence. Contest cards containing a unique PIN code will be given out in-store until August 9, 2013, or while supplies last, whichever comes first. PIN code must be entered at shoppersdrugmart.ca/summer by August 11, 2013 11:59:59 p.m. EST. To receive a contest card, while supplies last, customers must make a purchase of \$10 or more on eligible products after discounts and redemptions of any Shoppers Optimum Points®, coupons or promotional gift cards and before taxes at participating Shoppers Drug Mart stores between July 13 and August 9, 2013. Eligible products exclude prescription purchases, products with codeine, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and purchases at Shoppers Home Health Care locations. Limit one contest card per eligible transaction regardless of total dollar value of transaction. Customers can also earn one (1) Bonus Entry for each participating product purchased using a valid Shoppers Optimum Card® between July 13 and August 9, 2013 and who have registered their PIN code and their Shoppers Optimum Card online by August 11, 2013 11:59:59 p.m. EST. Maximum of sixty (60) entries per person, including all Bonus Entries. There are three (3) Grand Prizes available to be won, each consisting of \$5,000. The odds of winning a Grand Prize will depend on the total number of eligible entries received. Correct answer to skill testing question required. For full contest details, including how to obtain PIN codes and Bonus Entries without a purchase, and a list of participating products for Bonus Entry, visit shoppersdrugmart.ca/summer, or see cashier for details.